

focus

morale, well-being & recreation

What's Happening

- July 4th pgs. 11 & 12
- Dishwalla concert pg. 14
- Craig Karges pg. 21
- Climbing Mt. Fuji pg. 24





STARBUCKS COFFEE

Mon - Fri: 0630 - 2100

Sat - Sun: 0730 2100

Dollar
"Coffee of the Day"
Refill



Purchase Hot Coffee of the Day
and receive one refill for only \$1.00!

Note: Only one refill for the day. Can be redeemed anytime of the day but must be on the same day with your receipt of purchase. Refill is only of the same size or smaller and only on HOT Coffee of the Day. Please help us with the environment and recycle your cups. Use the same cup when purchased to receive your refill.

SUMMER EXPERIENCE CARD

Customize...

Make your favorite drink different with these great accessories!

| | | |
|--|--|------|
| | 2 Pieces of Wafers | +50¢ |
| | Extra Shot of Espresso | +50¢ |
| | Soy Milk | +50¢ |
| | Low Fat/Non-Fat Milk | Free |
| | Extra Syrup | +50¢ |
| | Vanilla, Hazelnut, Almond, and Caramel | |
| | Extra Sauce | +50¢ |
| | Chocolate and Caramel Sauce | |
| | Whipped Cream | +50¢ |
| | Rhumba Chips (Chocolate Chips) | +50¢ |

Experience 1
START 1 2 One Free Customized Order!

Experience 2
1 2 One Free Customized Order!

Experience 3
1 2 3 4 5 Lottery Chance! (To Win Free Drink)

Experience 4
1 2 3 4 5 6 7 One Free Tall Drink!

The Stamp Card good through August 31, 2004

Receive Double Stamps!
On Rainy Days
(For Every Drink You Purchase)

GOAL

Directory

| | |
|--------------------------------|----------|
| MWR Director | 243-7250 |
| Support Services | |
| Administrative Officer | 243-7250 |
| Training Manager | 241-4822 |
| Personnel Manager | 243-1246 |
| Financial Manager | 243-5886 |
| Facilities Maintenance Manager | 243-5729 |
| Marketing Director | 243-5414 |
| Safety Manager | 243-4079 |
| Central Warehouse Manager | 243-5047 |

Child Development Programs

| | |
|----------------------------------|----------|
| CDP Administrator | 243-9189 |
| Assistant CDP Administrator | 243-4470 |
| Child Development Homes Director | 243-5478 |
| CDC Hourly Care Director | 241-4101 |
| Ikego CDC Director | 246-8060 |
| Negishi CDC POC | 242-4316 |

Community Activities

| | |
|------------------------------------|----------|
| Community Activities Director | 241-2209 |
| Community Center Manager | 241-4111 |
| Negishi Community Center Manager | 242-4120 |
| Teen/Open Recreation Coordinator | 241-4100 |
| SAC Program Coordinator | 243-3439 |
| Yokosuka Youth/SAC Program Manager | 243-5492 |
| Ikego Youth/SAC Program Manager | 246-8301 |
| Negishi Youth/SAC Program Manager | 242-4134 |
| Yokosuka Teen Center Manager | 243-5542 |
| Negishi Teen Center Manager | 242-4121 |
| Auto Hobby Shop Manager | 243-5456 |
| Wood Hobby Shop Manager | 243-8064 |
| Hobby Mart Manager | 243-5040 |
| Bowling Center Manager | 243-4200 |
| Youth Sports Manager | 241-2941 |
| Youth Development Specialist | 241-2209 |
| Ikego Community Activities Manager | 246-8071 |
| Librarian | 243-5574 |
| Veterinary Services | 243-8862 |

Club Operations

| | |
|---------------------------------|----------|
| Club Operations Director | 243-7316 |
| Officers' Club Manager | 243-5030 |
| Catering Manager | 243-5788 |
| CPO Club Manager | 243-5806 |
| Club Alliance Manager | 243-5851 |
| Seaside All Hands' Club Manager | 243-5825 |
| Ikego Club Takemiya Manager | 246-8075 |
| Negishi All Hands' Club Manager | 242-4151 |
| MWR Food Court Manager | 243-3245 |

Recreation

| | |
|--------------------------------|----------|
| Recreation Director | 241-4431 |
| Athletics Director | 241-2941 |
| Sports Director | 241-2955 |
| Thew Gym/Skateboard Manager | 243-5398 |
| Fleet Gym Manager | 243-5304 |
| Fitness Director | 241-4486 |
| Aquatics Director | 243-6410 |
| Entertainment Director | 243-5215 |
| Theaters Manager | 243-5406 |
| ITT Manager | 243-5613 |
| Fleet Recreation Coordinator | 243-7284 |
| Single Sailor Program Manager | 243-7284 |
| Outdoor Recreation Manager | 241-3708 |
| Outdoor Gear Issue Manager | 243-5732 |
| Sailing Center Manager | 241-2067 |
| International Programs Manager | 243-4731 |
| Field Maintenance | 243-5203 |
| Intimural Sports Coordinator | 241-2955 |

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Contact

The Marketing Division of the Morale, Welfare and Recreation Department of Commander, Fleet Activities Yokosuka, Japan publishes Focus Magazine. Its purpose is to inform the community about MWR leisure and recreational activities available on and off base.

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We have been looking for you!

If you are a friendly, courteous and fun-loving person who loves to interact with people and would love to work in an MWR-friendly environment then YOU are the one that we have been searching for! Become part of the MWR team by stopping by room 225 on the second floor of building 1559, where the staff will assist you.



Officers' Club



0900 to 1330 in Kosano Dining Room
Sunday Brunch

Enjoy Yokosuka's premiere brunch including Belgian waffles, fresh pasta, omelets, freshly-made crepes, salad bar, children's hot buffet, juice, fruit and ice cream/dessert stations, in addition to champagne and much more. Reservations recommended.
Adult \$11.95 / Child 4 to 11 years \$5.95

Special Events

Friday, June 04 at 1630
Outdoor Happy Hour

Celebrate New Orleans with delicious hors d'oeuvres while enjoying live jazz music on swimming pool patio.

Sunday, June 20 from 0900 to 1400
Father's Day Brunch

Treat dad to a very special buffet and share a memorable day together. Reservations recommended.

Jump in! Our pool is now open so plan summer patio events. Visit our Catering Department for scheduling and menu preparation. Then all you have to do is invite guests. Call 243-7318/5788 or 243-5624 after 1630.

CPO Club

Tuesday, June 01 thru Wednesday, June 30

Sizzling Summer Promotion

Enjoy tasty beef teppenyaki, chicken fajita, beef and bamboo shoot, Thai shrimp or scallop and fish platters. Available only at Dinner time.

Sunday, June 06, 13 and 27

Caribbean Champagne Brunch Buffet

Enjoy a unique blend of Spanish, British, French, Dutch and African specialties at this spicy dining event.

Monday, June 07 thru Saturday, June 12

National Chocolate Ice Cream Week

Enjoy our famous Mud Pie dessert, which serves two, during dinner hours for only \$3.95.

Sunday, June 20

Family Awareness Day Brunch

Enjoy carved steamship round, peel-and-eat shrimp, California roll sushi, honey glazed ham, roast turkey with gravy, a variety of salads and desserts and gift giveaways for children for only \$13.95.

Cove Bar Entertainment

Saturday, June 12

Yokosuka Idol Karaoke Contest

Compete for first, second and third-place prizes when you share your talent with Yokosuka.

Tuesday and Thursday at new **1900 time**

All Hands' Bingo

Compete for over \$4800 in nightly prizes. Bingo package, \$15.00, goes on sale 1700.

Cove Bar open to Chiefs, authorized patrons and sponsored guests. For details call 243-5506/241-2899.

Seaside All Hands' Club



Tuesday, June 01 thru Wednesday, June 30

National Dairy Month

Receive free milk to drink with every full meal ordered off of the Children's Menu.

Monday, June 07, 14, 21 and 28

National Seafood Month

Enjoy scallops, white fish and a cache of shrimp, in addition to our regular selection of meats and vegetables, during Mongolian Barbeque Night for the same low price of 55 cents per ounce.

Tuesday, June 08 thru Monday, June 14

National Iced Tea Day

Enjoy complimentary homemade iced tea with any dinner entrée, or special, purchased.

Thursday, June 10 from 1700 to 2100

Kinnick High School Graduating Class of 2004 Celebration

Accept our congratulations with fifty percent discount on dinner with proof of graduate qualification.

Friday, June 18 from 1700 to 2100

Family Night Out

Bring your family to dinner and receive ten percent discount on entire tab and free balloons for children eleven years old of age and under.

Sunday, June 20

Father's Day Brunch

Bring dad for a delicious brunch and he will receive ten percent discount on his meal.

Wednesday, June 30

Seafood Special

Take a friend to dinner and both of you receive \$1.00 discount on the Seafood Platter.

Barnacle Bill's Lounge Events

Friday, June 18 from 1800 to 1900

Ladies' Night Out

Ladies, receive free non-alcoholic beverage of your choice while enjoying live entertainment with your friends.

Become a Designated Driver for your friends and shipmates and receive a free t-shirt, \$5.00 gift certificate and free non-alcoholic drinks all evening. Be responsible. If you drink use the Designated Driver Program or ask duty manager to call cab.

Club Alliance



June is National Iced Tea Month. Receive free bottomless glass of iced tea with any Italian Garden entrée.

Sunday, June 20

Father's Day Dinner

Treat dad to delicious dining in Italian Gardens with fifteen percent discount on his meal.

MWR Food Court

Sunday, June 20

Father's Day Prize Drawing

enter to win grand prize portable Wurlitzer Jukebox or any of ten personal-pizzas, six-inch single meat subs, cheeseburgers or three-piece chicken strips being given away.

Tuesday, June 01 thru Wednesday, June 30

Mean Gene's Burgers' Specials

Enjoy Bacon Mushroom Melt sandwich for \$2.90, combo for \$4.50 or 2X Mean for \$5.50. Enjoy XXL Taquito one-piece for \$2.25 or combo for \$3.00. Enjoy XXL Taquito two-piece for \$4.25 or combo for \$5.00.

Negishi All Hands' Club

Sunday, June 20

Fathers' Day Brunch

Treat dad to a delicious brunch on his special day. All dads will be entered into a drawing for a special prize giveaway.

Saturday, July 03 at 1700 Outside Negishi Club

Pre-Forth of July Outdoor Barbeque Celebration

Enjoy a finger lickin' good buffet featuring hot dogs, hamburgers, rib-eye steak, fried chicken, corn-on-the-cob, barbequed beans, potato salad and assorted pies and ice cream for only \$10.95 per adult and \$5.00 per child.

Tuesdays

Mongolian Barbeque Night from 1700 to 2000

Create your own barbeque bowl. Guess price within five cents and receive meal free.

Ikego Club Takemiya**June is National Single Parents' Month**

Celebrate the hard work of these special people with fifty percent off Kids' Menu meals for child and free dessert for single parent. Parent must accompany child.

June is National Dairy Month

Enjoy twenty-five cents off all milkshakes.

Sunday, July 04 from 2100 to 0200

Independence day Dance Party and Costume Contest

Dance the night away while DJ plays the latest and greatest tunes. We will also have a contest for the most patriotic costume with prizes for first, second, and third-place winners and free finger food, too.

Saturday, June 05 and 19 from 1700 to 2100

in Club Takemiya Dining Room**Yokosuka Jazz Band**

Enjoy smooth sounds of live jazz while dining.

Saturday, June 12 and 26 from 1700 to 2100

in Club Takemiya Dining Room**Eddie Cotton Performance**

Enjoy outstanding keyboard sounds.

Monday, June 14

National American Flag Day

Dress in red, white and blue and receive twenty-five percent off of your meal tab.

Sunday, June 20 from 1000 to 1330

Father's Day Brunch

Brunch on his special day. All dads will be entered into a drawing for special prize giveaways.

Monday, June 21

American Boy Scout Founder's Birthday

Honor Daniel Carter Beard by visiting us in scout uniform and receive fifty percent off of your meal tab.

Saturday, June 05 and 19

9-Ball Tournament

Compete for first, second and third place prizes.

Friday, June 11 and 25

9-Ball Tournament

Compete for first, second and third place prizes.



Culinary Institute of America

Wednesday, July 21 at 1700

Hawaiian Luau for All Hands

Join us for this tasty feast, prepared by Culinary Institute of America chefs, featuring Kailua pig on a spit, huli huli chicken and other traditional Hawaiian favorites while enjoying a seventeen person Hawaiian/Polynesian show flown in direct from Hawaii. Buy tickets now.

Thursday, July 22

Culinary Institute of America's Second Annual Culinary Class for All Hands

Improve your culinary skills, and learn new ones, at this great event. Tickets go on sale Tuesday, June 01. For details call 243-5030.

Friday, July 23

French Gourmet Dinner Open to All Hands

Enjoy this special dinner featuring exquisite foods from throughout France, prepared by Culinary Institute of America chefs, while listening to the relaxing sounds of four-string-quartet Inverno. For details call 243-5030/5002.

Saturday, July 24

Asian Fusion Event Open to All Hands

Enjoy this tasty Asian menu, prepared by Culinary Institute of America chefs, while listening to the sounds of Yokosuka's featured singers. For details call 243-5030.

Monday

Club Alliance

Upper Deck Sports Bar: 9-Ball at 1930/sign-up at 1900

Tuesday

CPO Club

Major Room: All Hands' Bingo with cards going on sale at 1700

Club Alliance

First Floor: Variety music with vocalist Angie from 1930 to 2330

Friday

CPO Club

Cove Bar: Live Music with all of your memorable favorites

Club Alliance

Lighthouse: DJ Masa from 2200 to 0200

First Floor: Bands and/or special shows from 2000 to 2400

Upper Deck Sports Bar: Chef's Choice Night from 1700 to 1900

Seaside

Barnacle Bill's: Social Hour from 1800 to 1900

Live band entertainment with DJ

Club Takemiya

Lounge: Social Hour from 1700 to 1900

Friday Night Therapy with DJ playing favorite jams from 2100 to 0200



Japan Jam Comedians

Thursday, June 24 at 1900 in Sharky's Beverage Company

Enjoy belly laughs with Nate Timmel and Black Prince. Don't forget that this adult comedy show may contain language and some may find it offensive. Open to all hands.

Wednesday

Club Alliance

Upper Deck Sports Bar: 8-Ball at 1930/sign-up at 1900

Attitude Adjustment Taco Night from 1700 to 1900

First Floor: Variety music with DJ Lock from 1930 to 2330

Thursday

CPO Club

Cove Bar: Country Night with your favorite tunes from 1900 to 2400

Major Room: All Hands Bingo with cards going on sale at 1700

Club Alliance

First Floor: Latin explosion with DJ Martha from 2000 to 2400

Seaside

Barnacle Bill's: Live band entertainment with DJ

Club Takemiya

Lounge: Karaoke from 1900 to 2300

Saturday

CPO Club

Cove Bar: Karaoke Night with Dave Tucker at 2100

Club Alliance

Ballroom: Bingo from 1100 to 1700

First Floor: Dance music with DJ Masa from 2200 to 0200

Seaside

Barnacle Bill's: Live band entertainment with DJ

Sunday

Club Alliance

Ballroom: Bingo from 1100 to 1700

First Floor: Pryzm Band live entertainment from 1930 to 2330

CFAY Libraries



Summer Reading Program

To promote the importance of reading during school vacation, the library is gearing up for its annual Summer Reading Program beginning in June. We are looking for people who are interested in sharing their time and talent with children. If you have a talent for storytelling, arts and crafts, music, puppetry, drama, magic or a similar skill, contact the librarian at 243-5574.

The Summer Reading Program is a self-directed, independent reading component designed to encourage children to visit the library on a regular basis during school vacation. The library will have three tracts: preschoolers, youth six to ten years of age and sixth through twelfth graders. Due to staffing and space constraints, the library cannot offer a hands' on program for the sixth through twelfth graders, but participants will be eligible for prizes and incentive awards. Sign up in the library by Friday, June 11.

CFAY Library continues to focus on a different database, selected from the six Naval General Library Program (NGLP) databases purchased for all Naval libraries, each month. Last month we looked at Gale's Expanded Academic in depth. This month we focus on NetLibrary, a collection of 6100 electronic books including Cliffs Notes and Study Guides, computer science, personal finance, library science and world classics in full electronic text versions that can be searched, borrowed, read, and returned over the Internet. Access to NetLibrary is only available through Navy Knowledge Online (www.nko.navy.mil).

Other databases available at CFAY Library include

1. Morningstar.com providing stock and mutual fund information
2. NewsBank providing collection of four hundred and sixty U.S. newspapers and forty international newspapers plus the full text of twenty-two military magazines
3. Peterson's providing college and university information and practice tests
4. Gale's Student Resources Center providing full text reference materials
5. Gale's Expanded Academic providing over 2,000 full text magazines and research journals.

All content purchased by the Naval General Library Program is available through Navy Knowledge Online (www.nko.navy.mil) or through secured Web sites using a username and password. Stop by the library to pick up a brochure listing database Web sites and passwords.

Bowling Center

Wednesdays from 0900 to 1600

Half-Price Bowling

Escape from the heat and have fun at the same time for only seventy-five cents per game.

Nick Bowling Birthday Parties

Enjoy good food, cool stuff, prizes and lots of bowling. Talk to bowling center staff for information on making your next birthday event a Nickelodeon bowling party.

2nd Annual Yokosuka Open Pacific-Wide Bowling Championship

Saturday, July 03 to Sunday, July 04

Compete in this exciting Second Annual Yokosuka Open Pacific-Wide Bowling Championship in Yokosuka Bowling Center. Tournament offers PBA nine-game qualifier format followed by match play in men's and women's scratch divisions.

All SOFA sponsored personnel and guests currently residing in, or TDY to, Pacific region eligible to participate. Register by Thursday, July 01 by emailing entry information to kyle@prebowl.com. Participation limited to first one-hundred-and-fifty patrons paying \$80.00 or \$9,000 per person entry fee Saturday, July 03 at Yokosuka Bowling Center. Coaches meeting 0900 same day at same location.

Individual trophies, and fantastic cash prizes, awarded to winners. For details contact Kyle Rhodus at 241-2941.



Yokosuka Community



Visit our facility to learn about all of the fascinating classes that we offer for your leisure pleasure.

Don't miss our fantastic Japanese art classes including kimekomi dolls, fabric flower, chigirie, washi egg items, oshie, atorie and oshibana, the art of preserving the beauty of flowers in photo frames and paperweights. We offer classes in toddler tap and ballet, modern dance, piano, guitar, taiko drums, and Koto. Also check out our new children's Japanese singing class.

In addition we offer Kumon Math and Kumon Japanese Language for five years of age to adult. Kumon Math varies from simple addition and subtraction to calculus. Kumon Japanese Language teaches students the three Japanese writing forms of hiragana, katakana, and kanji. Price is \$60 a month per subject. Students begin at appropriate level determined after placement test. Students have option of days and times. Kumon guarantees progress.

Minimum of three students required on wait-list for registration to be accepted. For details call 241-4111/4112 or visit our website <http://www.cfay.navy.mil/mwr> for complete list of classes. To register visit our office on second floor of Community Center/Building F-68 at least three days prior to class.

Ikego Community

We offer classes in adult and toddler ballet, piano, guitar, violin, saxophone, gymnastics and Kumon. For details visit <http://www.cfay.navy.mil/mwr> or call 246-8071.

Community Events

Saturday, June 05 from 0800 to 1200

Swap Meet

Rent a table space for only \$5.00 by signing up at least three days prior to event. Limited tables available. Rain date is following Saturday.

Saturday, June 19 at 0900

Father's Day Fun Run

Join us in the Club Takemiya parking lot for a fun family run. The first five men to cross the finish line receive gift certificates. Race is open to everyone but if you want a \$5.00 Fun Run T-Shirt, you must register by Saturday, June 12.

Saturday, June 19 from 1300 to 1700

Hippie Daze

Join us for a trip back to the Age of Aquarius. Drag out those old tie-dye t-shirts that you have packed away or make your own, with our supplies, for only \$5.00 each. There will be 60s' music, food, prizes and fun for every one. Rain Date is Sunday, June 20.

Saturday, June 26 from 1630 to 2000 in Ikego Club Takemiya Parking Lot

AFE Hometown News

Enjoy this 2003 Academy of Country Music Top Vocal Duo nominee show during which harmony and unison vocals recall the grand country tradition of the Everly Brothers and pop sensations of Simon and Garfunkel. Don't miss the fun as you join MWR for great music and Club Takemiya's delicious "cook your own steak" special."

Upcoming Events

Parrot Head Pool Party

Join us for live music, games, contests and more at this adult only party. All you have to do is be able to hum a couple of Jimmy Buffett tunes.

Predictions 5K Run

Join us and get some exercise while you enjoy the beautiful weather.

Negishi Community

Learn yoga, karate, piano, ballet, hip hop and Ikebana. For details visit <http://www.cfay.navy.mil/mwr> or call 242-4120.

Community Events

Saturday, June 12 from 1200 to 1600 in Community Center Parking Lot

Second Annual Health and Safety Fair

Attend this National Safety Month event designed to enhance readiness of military families, activities and units by providing social activities geared towards safety and health maintenance.

Sunday, June 20 at 0830 in front of Negishi All Hands' Club
Father's Day 3K Run/Walk

Challenge dad to participate in this free fun run. Register by Friday, June 11. If you want to purchase an event t-shirt, sign up, provide size and pay \$5.00 by same date.

Upcoming Events

Saturday, July 03

Family Bowling Tournament

Saturday, July 17

Summer's Here Pool Party

Saturday, July 31

Community Yard Sale



101 Critical Days Of Summer

The 101 Critical Days of Summer are the days between Memorial Day and Labor Day weekends. Historically, this tends to be a time during which off-duty mishaps increase. It is a time of school vacation family time, additional outdoor activities and on-the-road again travel.

It is a time when we need to place extra emphasis on the personal well being of ourselves and of our families. It's a time when we must make safety awareness a priority in everyday lives on and off the job.

Unfortunately, this is a time when many of us tend to put safety on the back burner, this allowing ourselves to become vulnerable to mishaps. The following suggestions will help make this critical time of the year safer for everyone. If you plan a vacation, always allow yourself enough time to "arrive alive." Remember, highway fatigue is a major cause of highway accidents. Get enough rest before you leave and don't begin a long distance drive after a full duty day or a long flight. Plan travel to accommodate food, drink and rest stop.

Constantly assess your activities and take steps to ensure that your work and play environments are free of obvious hazards.

Prepare for sporting activities by stretching your muscles and slowly getting your heart rate up. Know your limitations and be guided by them.

Be responsible and don't drink and drive since alcohol affects behavior and judgment. Supervisors, take time to stress safety practice to your worker, ensure that each member is aware of the increased risks associated with the 101 Critical Days of Summer. Give special emphasis to younger members who may not have the experience to deal with these situations. Party and take care of each other as a team.

Prepare for the high-risk season. Don't let inattention, speeding, alcohol, fatigue or failure to use seat belts ruin your summer!

This summer COMNAVFORJAPAN will track vehicle and recreational mishaps of all commands under their AOR. View the results at www.cnj.navy.mil/safety/101Critical.html. The website also includes valuable training tools and other information that each of us can use to help ensure the safety of our community. Use the training tools and get the word so it will be safe and enjoyable summer at CFAY.

Hobby Mart

The Hobby Mart is relocating to the Community Center soon. In anticipation of the move, we are offering seventy five percent off of selected items including models, Krylon paints, puzzles, frames and more. We are also offering ten percent off of all hobby items in honor of Father's Day. In addition, we still offer a great variety of fabrics, piñatas and wreaths at our regular low prices.

Saturday, June 12 from 1300 to 1400

Free Father's Day Card Making Class

Join staff members who will demonstrate how to make your own greeting card for dad on his special day. It's easy and fun to do with scraps of paper, maker, punches and simple add-ons. Show dad how much you care. Five years of age and above welcome.



Saturday, June 26 from 1300 to 1400

Free Washi Box Class

Learn to cover traditional Japanese tea boxes with washi paper. Mrs. Hayward will teach you how after demonstrating special preparation and material requirements. Twelve years of age and above.

Wood Hobby Shop

Monday, June 14 at 1630

Skills Development Part 1

Learn joiner and planing techniques for \$10.00 per person.

Friday June 18 at 1630

Skills Development Part 2

Learn table saw use, ripping, dado and crosscuts for \$10.00 per person.

Monday, June 21 at 1630

Skills Development Part 3

Learn band saw, drill press and sander use for \$10.00 per person.

Saturday, June 26 full day

Home Repair Class

Bring in your old/broken furniture and we will teach you how to repair it for \$10.00 per person.

Classes require minimum of ten people signed up by Thursday, June 10 or classes cancel. Participants must attend mandatory one-hour safety course before being allowed to use

Auto Hobby Shop

Saturday, June 19 at 1000

Tire Maintenance Class

Learn a lot at our free tire maintenance class which will cover the basics of tire care including proper tire pressure, tread depth, car/tire alignment and proper rotation.



The Auto Hobby Shop pit crew will assist you in keeping your car in top running condition. Personnel wanting to use MWR Auto Hobby Shop, however, must take safety test prior to using facility. Test is given upon request so stop by any time.

Children under twelve years of age are prohibited from entering Auto Hobby Shop premises pursuant to CFAY Instruction 1710. 64E. Please find child care prior to coming to facility.

Let Auto Hobby Shop tow or junk your car. Call 243-5456 for details.

Youth Programs



Tuesday, June 01

Youth Sports Swim Team Late Registration

Children five to fifteen years of age who can swim at least twenty-five meters welcome. Season begins Monday or Tuesday, June 14 or 15 and ends Saturday, August 7 at all three housing areas. First meet Saturday, June 26 in Ikego. Fee is \$45 per child with no additional child discounts since it is past original registration deadline.

Swim Team

Yokosuka Seahawk Swim Team is a special interest group for swimmers under eighteen years of age. Team is recruiting children interested in competitive swimming. For details contact Lauri Dittmer at 241-2366 or email LDittmer@aol.com.

*This is not an MWR sponsored activity.

Over The Rim Summer Basketball

Registration ends Monday, June 7. All teen 13 thru 18 years of age welcome.

Gymnastics

Classes available in Yokosuka and Ikego. Inquire and register in Thew Gym at 243-5398 or in Ikego Sports Office at 246-8017.

Year-Round Soccer

Youth soccer is played Sundays in Ikego. Children from five to fifteen years of age may sign up to play at Ikego or sign up at Thew Gym to join Yokosuka U10 team.

For details on any youth sports program contact Recreation Specialist Mike Murphy at MWR Ikego Sports Office at 246-8017, Robert Santana at the MWR Negishi Teen Office at 242-4121 or Charina Dela Cruz at Thew Gym at 241-2952.



Tuesday, June 15 thru Thursday, July 15

Flag Football Registration

Youth welcome to join five to seven-year-old coach play league, eight to ten-year-old team or eleven to fifteen-year-old team. Season starts Saturday, August 14. Kinnick Junior Varsity and Varsity Football players ineligible.

First child fee is \$35; each additional child fee \$30. Late registration, after July 15, \$45 with no additional child discounts.

Coming Soon!

Youth Golf

Coming Soon!
Details released mid-June.

Youth Golf

Details released mid-June.



Sunday, July 04 from 1600 to 2100 on Berkey Fields 1 and 2
Join us for music, games, fireworks and tons of fun! SOFA sponsored personnel and guests welcome. Rain date July 5. For details call Recreation at 241-4431 or MWR Administration at 243-7110.

Fireworks show at 2001

Entertainment

1600 to 1700
Jimmy Buffett Tribute Band performance
1700 to 1730
Pie Eating Contest, Watermelon Head Race
1730 to 1830
Jimmy Buffett Tribute Band performance
1830 to 1900
Pie Eating Contest, Watermelon Head Race
1900 to 2000
Jimmy Buffett Tribute Band performance
2000
National Anthem sung by Carol Whittaker,
winner of MWR 2003 Talent Show

Activities

1600 to 2000
• Youth basketball and football toss, soccer
ball kicking, climbing wall and airtops
• Adult softball, beach volleyball and
horseshoes
• Carnival games
• Food and beverage tents

Jimmy Buffett Tribute Band A1A



Since 1992 A1A has been known nationally as the Official and Original Jimmy Buffett Show. They were the first band ever to put on a high-energy, four-hour show composed of nothing but Buffett's best songs, spanning every era of his career. They were also the only tribute band personally sanctioned by Jimmy himself. And while many others have followed in their wake and even cited them as their main inspiration, A1A is still considered the first and foremost Jimmy Buffett Tribute Show.

July 4TH Celebration

Open Recreation Programs (ORP) Kindergarten thru Sixth Grade

Open Recreation is designed for all eligible youth within the Yokosuka, Ikego and Negishi on and off-base areas. Youth need not be enrolled in school Age Care (SAC) program to participate. Sign up at any center or call Teen/Open Recreation Programs Coordinator Geoff Rhinehart at 241-4100.

Friday, June 11 from 1800 to 2000

End-of-Year Jam

Kindergartners thru third graders welcome for \$5.00 per child.

Saturday, June 26 from 1700 to 2300

Late Night Hang-Out

Kindergartners thru third graders welcome for \$5.00 per child.

Friday, June 25 from 0730 to 1630

Fun at Fujikyu

Third graders thru sixth graders welcome.

Yokosuka Teen Programs (YTP) Seventh thru Twelfth Grade

YTP is designed for all eligible teens within the Yokosuka, Ikego and Negishi on and off-base areas. Three local teen centers provide eligible teens with a special place to socialize with friends. Sign up for YTP program at any teen center or call Teen/Open Recreation Programs Coordinator Geoff Rhinehart at 241-4100.



Yokosuka Teen Center

Check out our refurbished teen center with new paint job, carpet and lighting, computers with Internet, plasma screen television, funky furniture and much more behind Benny Decker Theater across from the post office. For details call 243-5542.

Ikego Teen Center

Check out our new pool and air hockey tables, club lighting and video games in Miyajima Tower party room. For details call 246-8301.

Negishi Teen Center

Check out our new pool and air hockey tables, Playstation, X-box, computers, plasma screen television, CD jukebox, club lighting and more by Skatepark at the top of Cardiac Hill. For details call 242-4100.

Stop by local teen center or check website at <http://www.cfay.navy.mil/mwr> for summer event schedule. Space is limited so sign up now! For details call 243-5492.

SUMMER CAMP 2004



Monday, June 14 and ends Friday, August 27

Camp Adventure Day Camp

Catch the summer magic as Camp Adventure and Yokosuka, Ikego and Negishi SAC team up to provide children with memorable moments to last a lifetime. Parents may sign children up for individual or multiple sessions. Program includes arts and crafts, low and high activity games, swimming, skating, bowling, music and field trips to Monkey Island, Tokyo Sea Life Park, Kannonzaki Lighthouse, Hakkeijima Amusement Park, Kanagawa Ice Skating Park, Yokohama Science Center, Toshimaen Water Park, Hakone Open Air Museum, Dinosaur Park, Yokohama Zoorasia and Taura Athletic Field. Each week ends with barbeque and children's presentation which parents are encouraged to attend.

For details contact Yokosuka SAC Program at 243-3439/5492 or 241-4891, Ikego SAC Program at 246-8301 or 241-4891 or Negishi SAC Program at 242-4131/4615 or 241-4891.

Tuesday, June 01 thru Friday, June 18 or until all spaces filled

Camp Adventure and MWR Sports Camps

Sign up on first come/first serve basis for sports programs for seven thru fifteen years of age.

- June 24 and 25 (Floor/Street Hockey)
- June 28 thru July 02 (Volleyball/Walleyball)
- July 05 thru 09 (Basketball)
- July 12 thru 16 (Flag Football)
- July 19 thru 23 (Tennis and Racquetball)
- July 26 thru 30 (Soccer)
- August 02 thru 06 (Baseball)
- August 09 thru 16 (Cheerleading)



Ikego West Valley Campground

Campground open seven days per week. All campsites require reservations, upon \$20 full payment, which can be made one to ninety days in advance at Outdoor Recreation Center in building B-48. Each site holds maximum of twenty people. Campsite fee includes one bundle of firewood and one free recreational rental item set including tug of war, croquet, Frisbees, horseshoes and more! For details call 243-5732.

Celebrate Father's Day

Saturday, June 12 from 1300 to 1400 at Hobby Mart (pg. 10)
Free Card Making Class

Friday, June 18 at 0700 on Zama Golf Course (pg. 18)
Golf Tournament

Saturday, June 19 0900 at the Wellness Center (pg. 19)
Family Fun Run

Saturday, June 19 0900 at Club Takemiya parking lot (pg. 9)
Fun Run

Sunday, June 20 0830 in front of Negishi All Hands' Club (pg.9)
3K Run/Walk

Sunday, June 20 0900 to 1400 at Officers' Club, CPO Club, Seaside Club, Club Takemiya, Negishi Club (pg. 4,5 and 6)
Brunch

Sunday, June 20 1200 to 1700 at Green Beach Pool (pg. 20)
Pool Party

Sunday, June 20 MWR Food Court (pg. 5)
Prize Drawing

Sunday, June 20 Club Alliance (pg. 5)
Dinner



Dishwalla's provocative blend of pop savvy and soulful rock grind fueled a smash hit single "Counting Blue Cars," a few years back. The group toured extensively, including jaunts with Sheryl Crow, Blind Melon and the Goo Goo Dolls, while also appearing on national programs such as the Tonight Show with Jay Leno and Late Night with Conan O'Brien.

Friday, June 4
Fleet Theater Parking Lot at 1630

DISHWALLA

Information, Tours and Ticketing

June Tours

Saturday, June 05

Fuji Area Spring/Summer Sightseeing Tour \$30A/\$15C
Tokyo Disneyland Amusement Park Tour \$55A/\$50J/\$40C
Kamikochi Nature Hiking in Nagano Tour \$62A/\$31C

Sunday, June 06

Yunessun Hot Spring with Lunch Buffet and Komagatake
Ropeway Tour \$62A/\$34C/\$29I
Nishi Izu Marine Cave Cruise, Toi Gold Mine and Orchid Village
Sightseeing Tour \$50A/\$45J/\$29I

Wednesday, June 09

Costco Shopping with Lunch Buffet Tour \$25A/\$19C

Saturday, June 12

Hakone Sightseeing with Open-Air Museum Tour \$50A/\$25C
Tokyo DisneySEA Amusement Park Tour \$55A/\$50J/\$40C

Saturday thru Monday, June 12 to June 14

Matsumoto Sightseeing and Kurobe Alpine Route in Japan
Northern Alps Overnight Tour
SGL \$439A/TWN & TRL \$403A/\$391J/\$286C

Sunday, June 13

Tokyo Sightseeing Tour \$34A/\$28J/\$16C
Shizuoka International Garden and Horticultural Exhibition
"Pacific Flora 2004" Tour \$46A/\$33J/\$17C

Saturday, June 19

Nikko Sightseeing Tour \$53A/\$45J/\$25C
Fukushima Spa Resort "Hawaiians" Tour \$54A/\$27C

Sunday, June 20

Bullet Train Ride, Fuji Peace Park Visit and Gotemba Premium
Outlet Shopping Tour \$69A/\$35C
New Sanno Father's Day Brunch and Professional Baseball
Game "Chiba Lotte Marines vs Fukuoka Daiei Hawks" Tour
\$66A/\$45C

Wednesday, June 23

Grandberry Mall and Carrefour Shopping Tour \$10A/\$5C

Saturday, June 26

Sapporo Beer Factory, Kakegawa Castle and Yaizu Fish
Market Tour \$30A/\$15C
Edo Tokyo Sightseeing Tour \$23A/\$20J/\$11C
Tokyo Summerland Amusement Park International
Weekend Tour \$24A/\$12C

Sunday, June 27

Togo Shrine Sale, Harajuku Town and Heiwajima Antique Show
Shopping Tour \$16A/\$8C
Tokyo Summerland Amusement Park International
Weekend Tour \$24A/\$12C
Hoya Crystal and Yokota Shopping Tour \$22A/\$11C

July Tours

Saturday, July 03

Fukushima Spa Resort "Hawaiians" Tour \$55A/\$35C
Yokota Shopping Tour \$22A/\$16C

Sunday, July 04

Fujikyu Highland Amusement Park Tour \$58A/\$50J/\$43C
Tobu Zoo and Amusement Park Tour \$60A/\$50C

Sunday and Monday, July 04 and 05

Universal Studios Japan and Kalyukan Aquarium
Overnight Tour SGL \$250/TWN \$245A/\$225J/\$195C/
TRL \$230A/\$205J/\$180C/FOUR \$220A/\$195J/\$170C

Monday, July 05

Tokyo DisneySEA Amusement Park Tour \$60A/\$50J/\$40C
Tokyo Disneyland Amusement Park Tour \$60A/\$50J/\$40C
Shizuoka International Garden and Horticultural Exhibition
"Pacific Flora 2004" Tour \$52A/\$43J/\$33C

Wednesday, July 07

Tokyo Summerland Amusement Park Tour \$49A/\$37J/\$32C

Saturday, July 10

Kurumayama Plateau Panoramic Views Hiking and Spa at Lake
Suwa Geyser Center Tour \$50A/\$42J/\$35C
Herb Festival at Lake Kawaguchi, Blueberry Picking, Mt. Tenjo
Ropeway Ride and Hiking Tour \$42A/\$30C

Sunday, July 11

Hakone Sightseeing with Open-Air Museum Tour
\$49A/\$40J/\$32C
Tobu Miniature World Legacy Park and Nikko Wonder Land
Theme Park Tour \$75A/\$45C

Tuesday, July 13

Toshima-en Amusement Park Tour \$52A/\$42C

Saturday, July 17

Fuji Area Spring/Summer Sightseeing Tour \$36A/\$27C
Tokyo Sightseeing Tour \$28A/\$21J/\$18C

Sunday, July 18

New Sanno Hotel Sunday Brunch and Tokyo Edo Museum
Tour \$39A/\$21C

Wednesday, July 21

Tokyo Summerland Amusement Park Tour \$49A/\$37J/\$32C

Saturday, July 24

Sanrio Puroland Amusement Park Tour \$48A/\$44J/\$37C
Joren Waterfall, Nanadaru Open-Air Hot Spring with Seven
Waterfalls Tour \$42A/\$30C

Sunday, July 25

Yunessun Hot Spring with Lunch Buffet Tour \$58A/\$32C

Tuesday, July 27

Toshima-en Amusement Park Tour \$52A/\$42C

Saturday, July 31

Seven Exiting Roller Coasters at Nasu Highland Amusement
Park Tour \$75A/\$60J/\$50C
Noritake China Shop, China Pete's and Camp Zama
Shopping Tour \$22A/\$16C

Outdoor Recreation Center



Sundays from 0900 to 1700

Walk in Paintball

Spend an exciting Sunday experiencing paintball at its best for only \$20 per person. Paintball package includes marker, two hundred paintballs, one CO2 cartridge, mask, goggles, elbow pads and kneepads. Participants must bring personal protective clothing including long sleeve shirt, long pants, gender appropriate athletic protectors and closed toe shoes. Neck protectors and gloves recommended. For details call 243-5732.

Monday through Friday from 1700 to 2100 and Saturday and Sunday from 0800 to 1700

Reserved Paintball

Make group reservations, requiring fifty percent deposit, for this exciting activity no later than seven days prior to play day. Minimum and maximum number of players required is six and twenty at one time, respectively. Package A offers two hours of play for \$20 per person. Package B offers four hours of play for \$36 per person. Paintball package includes marker, two hundred paintballs, one CO2 cartridge, mask, goggles, elbow pads and kneepads. Participants must bring personal protective clothing including long sleeve shirt, long pants, gender appropriate athletic protectors and closed toe shoes. Neck protectors and gloves recommended. For details call 243-5732.

Tuesday, June 29 from 1800 to 1930

Paintball Meeting

Outdoor Recreation Center Second Floor Paintball Range 17

Attend our first meeting to discuss formation of paintball teams for future tournaments. Offer input about potential league rules, rotations and scoring systems for the 2004/2005 season. Tournaments tentatively scheduled to begin October.

Programs

Tuesday, June 01 and 08 from 0345 to 1700 at Tonegawa, Minakami in Gunma Prefecture

Intermediate Whitewater Rafting

Join us as we travel upstream on the Tonegawa, the largest river in the Kanto Plain for only \$100.00 per person. The river season is short but the current is stronger and faster than those of the Tamagawa River. Experience big waves, drops and holes on one of Japan's premier whitewater rivers.

Saturday, June 12 from 0445 to 2000 at Mizugakiyama, Sudama-cho in Yamanashi Prefecture

Intermediate Day Hike

Let's hike an area that looks like a Chinese-style landscape painting for only \$50.00 per person. This hike itinerary visits an outstanding group of huge standing rocks and offers a breathtaking view from trail. Beautiful rhododendrons blossoming in woods complete the picture-perfect setting that is equally impressive in sun and rain.

Saturday, June 12, and 26 and July 10 from 0845 to 1600 at Hayama in Kanagawa Prefecture

Beginner Sea Kayaking

Experience adventure on the western side of the Miura Peninsula while you learn basic paddling strokes and, depending on ability, the Eskimo Roll. After one-hour class we will paddle around the rocky shores of small islands that follow the coastline between Zushi and Chojagasaki for only \$40.00 per person.

Saturday, June 19 from 0545 to 1800 at Ashinoko Loop, Hakone in Kanagawa Prefecture

Intermediate Mountain Bike Ride

Join us on this ride around picturesque Ashinoko Lake. First we will ride along northern side of lake passing Moto Hakone, Cedar Avenue, Hakone Shrine and Hakone-en historical sights. Then we will continue along southern side of lake that offers a continuous trail with views of Kamiyama and Komagatake for only \$40.00 per person.

Sunday, June 20 from 0845 to 1800 at Takatoriama, Yokosuka in Kanagawa Prefecture

Beginner Top Roping 5.6 to 5.10 Rock Climbing

Challenge dad to experience rock climbing only twenty minutes from Fleet Activities Yokosuka. Participants will learn basic climbing and belaying skills for only \$25.00 per person.

Saturday, July 03 from 0545 to 1700 at Tamagawa, Okutama in Tokyo Prefecture

Class 2 and 3 White Water Rafting

Cool off on the Tamagawa River as we weave our way down and bask amidst the beauty of the surrounding mountains of Chichibu-Tama National Park for only \$80.00 per person.

Saturday and Sunday, July 17 and 18 from 0345 to 1900 at Kai-Komagatake, Japan South Alps in Yamanashi Prefecture

Intermediate Overnight Hike

Hike through this area of granite rock named for a mythological horse from the heavens. We will stay overnight in a Japanese hiking hut. This is a not-to-be-missed trip that includes lodging and two meals for only \$200.00 per person.

Information

Are you looking for places to go biking, camping, hiking, skiing and surfing? Stop by the Outdoor Recreation Center to obtain information about areas to visit and things to do in the great outdoors of Izu and Boso Peninsulas, Hakone, Sagami Bay, Fuji Five Lakes, Tanzawa-Oyama and Meiji-no-mori-Takao Quasi-national Parks and the southern part of Chichibu-Tama National Park.

For details about programs call 243-5732.

Monthly Door Prize Drawing

Visit Outdoor Recreation Center/Outdoor Gear Issue during May and enter our door prize drawing! Every customer who comes through the door eligible. No purchase or rental required. Prizes will be outdoor recreational style item or gift certificate for use at facility.

Green Bay Marina



Boat Rental

Green Bay Marina is open seven days per week for motorboat, sailboat, kayak and rowboat rental on first come, first serve basis.

Sailing classes begin soon. We are currently seeking qualified sailing instructors. For details contact Green Bay Marina.

| Type of Boat | Hourly Rate | Additional Hour | Capacity |
|-----------------|-------------|-----------------|----------|
| Rowboat | \$4 | \$2 | 2 |
| Kayak | \$6 | \$3 | 1 |
| JY-15 | \$7 | \$4 | 2 |
| Capri 16.5' | \$8 | \$4 | 4 |
| Small Motorboat | \$10 | \$5 | 4 |
| Large Motorboat | \$20 | \$15 | 6 |
| Catalina 22' | \$20 | \$10 | 6 |

Gear Issue

Bicycle Maintenance and Repair

Let Outdoor Recreation Center take care of your major, and minor, bicycle repair problems after a free estimate from our certified bicycle technician.

Equipment

Do you need sporting equipment? Outdoor Recreation Center offers a wide variety of hi-tech, light weight hiking and camping equipment including backpacks, daypacks, sleeping bags, tents, tarps, stoves and other accessories to meet your needs. Come in today to check out our low rental rates.

Adult Sports

Saturday, June 05 at 1000 on Softball Field No. 03 Captain's Cup Coed Kickball Tournament

Register by 1730 Wednesday, June 02 at Thew Gym Sports Office. Coaches' meeting 1730 Thursday, June 03 at same location. Double elimination format. Team trophies for top three teams, individual awards for member of top two teams and Captain's Cup Points, presented. Open to Active Duty military and DOD civilians at least eighteen years of age, out of high school and with valid ID. Participants must play for own command. For details call Jessie or Matt at 241-2955.

Thursday, June 10 at 2000 in Yokosuka Bowling Center IM Cosmic Bowling League

Register by 1730 Wednesday June 09 at Thew Gym Sports Office or bowling center front desk. Coaches' meeting 1930 Thursday, June 10 at bowling center. Individual awards for top three teams will be presented. Open to Active Duty military and DOD civilians at least eighteen years of age, out of high school and with valid ID. For details call Matt or Jessie at 241-2955.

Saturday, June 12 at 1000 on Fleet Gym Fourth Floor Basketball Court A IM Whiffleball Tourney and Quickball Competition

Register by 1730 Wednesday, June 09 at Thew Gym Sports Office. Coaches' meeting 0930 Saturday, June 12 at Fleet Gym Sports Office. Double elimination format. Team trophies for top three teams and individual awards for member of top two teams, presented. Open to Active Duty military and DOD civilians at least eighteen years of age, out of high school and with valid ID. For details contact Matt or Jessie 241-2955.

Friday, June 18 at 0700 on Zama Golf Course Father's Day Golf Tournament

Register by 1730 Monday, June 14 at Thew Gym Sports Office. Coaches meeting 0700 Friday, June 18 at Zama Golf Course. Two-man best ball format. Individual awards for top two teams will be presented. Open to Active Duty military and DOD civilians at least eighteen years of age, out of high school and with valid ID. Ten-dollar fee includes cold bottled water, beverages, prizes and more. Bus leaves Thew Gym at 0530. Players are responsible for green and cart fees. For details call Matt or Jessie 241-2955.



Friday, June 25 at 1800 on Fleet Gym Basketball Court A IM Heat-is-On Hoop-It-Up Basketball Tournament

Register by 1730 Wednesday, June 23 at Thew Gym Sports Office. Coaches' meeting 1730 Thursday, June 24 at Fleet Gym Sports Office. Double Elimination format. Team trophies for top three teams, and individual awards for members of top two teams, presented. Open to Active Duty military and civilians at least eighteen years of age, out of high school and with valid ID. For details call James at 243-5783 or Matt at 241-2955.

Single Sailor Liberty Program

Tours



Sunday, June 06 from 1200 to 2000 Yokohama Day Baseball Game Tour

Experience the excitement of Japanese baseball and see this culture come alive as you watch the Yokohama Bay Stars play the Hanshin Tigers, last year series' champions! \$27 per person, includes transportation and stadium admission ticket. Availability is limited.

Saturday, June 12 from 0630 to 1800 Yunessun Hot Spring Tour

Sign up by Wednesday, June 09. Lying at the foot of Mt. Fuji, Hakone covers an area of spectacular beauty forming the Fuji-Hakone National Park. Yunessun Hot Spring, located in park, has twenty-one different types of Japanese baths, saunas, indoor hot spring pools and massage rooms. Take a break from your daily grind and experience full relaxation for a day for only \$40 per person including transportation and admission. Bathing suits required.

Saturday, June 19 from 0700 to 1800 White Water Rafting Tour

Sign up by Friday, June 11. Push your skills to the limit when you experience white-knuckles adrenaline rush as you travel through six kilometers of obstacles for only \$57 per person including transportation, rafting package and make-it-yourself sandwich lunch. Experienced guide will provide one-hour pre-event safety brief. Wet suits, helmet and life jacket also provided.

Saturday, June 26 from 0700 to 2200 Tokyo Disneyland Tour

Sign up by Wednesday, June 23. Experience Tokyo Disneyland and mingle with the Japanese culture - Disney style for only \$55.00 per person including transportation and one-day pass.

Upcoming Tours

Saturday, July 03 thru Sunday, July 04 New Sanno Hotel Special Overnight Tour

This luxurious military hotel includes five indoor restaurants, indoor swimming pool, gym and memorable sites of Tokyo only minutes away. We reserved a limited number of rooms for nightly charges based on military rank. Transportation is additional \$10.00. Room availability is limited so sign up now.

Tuesday, July 20 Aerosmith Concert in Tokyo Dome

Hear the sounds for \$85.00 per person including transportation and admission ticket. Reserve soon as tickets are limited.

Events

Wednesday, June 09 at 1900 in Spectrum Lounge 8-Ball Tournament

Prizes awarded for first and second place.

Saturday, June 12 at 1400 Second Surprise Barrack's Bash

Enjoy free food, DJ, games, prizes and more.

Wednesday, June 16 at 1700 9-Ball Tournament

Prizes awarded for first and second place.

Thursday, June 24 at 1800 Night of Champions' Tournaments

Eat free pizza and feel like a champ as you compete in three different tournaments including bowling, 301 Dart and 8-Ball. Prizes awarded for first and second place in all tournaments.

Wednesday, June 30 at 1900 Welcome Aboard June Bowling Tournament

Prizes awarded for first and second place.

To Sign up for an event visit the Spectrum Center or call 243-7346.

The Single Sailor Liberty Program is open to active duty Single Sailors and Geographical Bachelors only. All tours are on first come/first serve basis. No phone call reservations accepted. Tour tickets are non-transferable. All MWR vehicles require customers to use seat belts for safety. All times approximate due to traffic.

Wellness Center

Tuesday, June 01 thru Monday, June 14 Fuji Fitness Event

Prepare for the ultimate climb at this free event.

Saturday, June 05 at 0900 Ikego Poolside Aerobic Event

Enjoy water aerobics and poolside cardio at Ikego Pool for only \$3.00 per person for five years of age and over.

Saturday June 12 at 0900 Green Beach Pool Swim and Run Event

Participate in this four hundred meter swim and 3K run for only \$5.00 per person.

Monday, June 14 at 1130 by Command Flag Pole Flag Day 5K Run

Receive a complimentary American Flag when you participate in this race for only \$5.00.

Saturday, June 19 at 0900 Father's Day Family Fun Run

Join dad at this free run through the three housing areas and he'll receive \$5.00 gift certificate.

Monday, June 21 at 1130 by Thew Gym Longest Day of the Year 6K Run

Celebrate this special day by running this race for only \$5.00.

All Wellness Center races, designed for five years of age and over, are free. Those patrons wanting optional t-shirt, however, must sign up and pay \$5.00 at Thew Gym at least two weeks prior to event. For details call or stop by.

Aquatics



Pool Operating Hours

Seaside Pool

Monday thru Friday

| | |
|--------------------|--------------|
| Early Lap Swim | 0530 to 0730 |
| Swimming Lessons | 0900 to 1700 |
| Lunch Lap Swim | 1100 to 1300 |
| Afternoon Lap Swim | 1700 to 1900 |

Private pool party rental as arranged Saturday, Sunday and holiday.

Green Beach Pool

Monday thru Sunday

| | |
|-------------------|--------------|
| Recreational Swim | 1100 to 1900 |
|-------------------|--------------|

Monday thru Friday

| | |
|--------------------------------|--------------|
| Early Morning Lap Swim | 0530 to 0730 |
| Command Reservations | 0730 to 1100 |
| CDC/Youth Center/CDH | 0900 to 1100 |
| Junior Seahawks' Swim Practice | 1500 to 1700 |

Monday, Wednesday and Friday

| | |
|----------------------------|--------------|
| Youth Sports Swim Practice | 1800 to 1915 |
| Evening Lap Swim | 1700 to 1800 |

Monday and Friday

| | |
|----------------|--------------|
| Lunch Lap Swim | 1100 to 1300 |
|----------------|--------------|

Tuesday and Thursday

| | |
|------------------|--------------|
| Evening Lap Swim | 1700 to 1900 |
|------------------|--------------|

Officers' Club Pool

Saturday and Sunday

| | |
|-------------------|--------------|
| Recreational Swim | 1100 to 1800 |
|-------------------|--------------|

Tuesday and Thursday

| | |
|---------------|--------------|
| Aqua Aerobics | 1130 to 1230 |
|---------------|--------------|

Wednesday and Friday

| | |
|----------------------------|--------------|
| Parent Child Aqua Aerobics | 1300 to 1400 |
|----------------------------|--------------|

Bachelor Officers Quarters' Pool

Monday thru Friday

| | |
|------------------|--------------|
| Swimming Lessons | 0900 to 1700 |
|------------------|--------------|

Private pool party rental as arranged evening and weekend.

Ikego Pool

Monday thru Friday

| | |
|----------------------|--------------|
| Swim Lessons | 0900 to 1100 |
| Recreational Swim | 1100 to 1800 |
| CDC/Youth Center/CDH | 1300 to 1500 |

Saturday and Sunday

| | |
|-------------------|--------------|
| Recreational Swim | 1100 to 1900 |
|-------------------|--------------|

Monday, Wednesday and Friday

| | |
|----------------------------|--------------|
| Youth Sports Swim Practice | 1800 to 1900 |
|----------------------------|--------------|

Negishi Pool

Monday thru Friday

| | |
|----------------------|--------------|
| Swim Lessons | 0900 to 1100 |
| Recreational Swim | 1100 to 1800 |
| CDC/Youth Center/CDH | 1300 to 1500 |

Saturday and Sunday

| | |
|-------------------|--------------|
| Recreational Swim | 1100 to 1900 |
|-------------------|--------------|

Monday, Wednesday and Friday

| | |
|----------------------------|--------------|
| Youth Sports Swim Practice | 1800 to 1900 |
|----------------------------|--------------|

Saturday

| | |
|----------------------------|--------------|
| Youth Sports Swim Practice | 0900 to 1100 |
|----------------------------|--------------|

Tuesday, June 01 thru Tuesday, August 31

Four Season Swim Challenge

Summer Island Hopping challenge encourages participants to travel the one hundred and fifty-mile distance between four different islands in Hawaiian chain including Hawaii to Maui, Maui to Kolokai, Kolokai to Oahu, and Oahu to Kauai in three-months. To make goal more realistic we will give five-mile credit for every one mile participant swims, for total of thirty miles. Free participation, but registration, accepted any time during challenge, required. Prizes awarded to finishers. For registration or details call Green Beach Pool at 243-6410.

Pool Information Hotline

Get up-to-date information about pool programs, hours and closures twenty-four hours a day, seven days a week by calling the hotline at 243-5229.

Master's Swim Team

Join this swim program if you are at least eighteen years of age and want to compete in Japanese swim meets. Practice is weekly and members pay all meet entry fees. For details call 243-6410.

Sunday, June 20 from 1200 to 1700

Father's Day Pool Party

Treat dad to a day of family fun complete with free food, games and entertainment at Green Beach Pool.

Pool usage fees: Kids six and under - free, Kids seven to nine - \$1.00, Adults and kids 10 and up - \$2.00. Free early morning lap swim at Seaside and Green Beach from 0530 to 0730.

Camp Adventure Swim Lessons: Ikego, Negishi and Yokosuka is \$30.00 per student. Call 243-6410 for more details.

International Programs



Sunday, June 13

Earth Day Part 22 in Kannonzaki Light House Area

Be one of the expected sixty volunteers helping to clean beach area. Fathers who participate with their children during this Father's Day program will receive extra stamp on Earth Day Stamp Card. Sign up by 1600 Monday, June 07.

Sunday, July 18

International Saltwater Fishing Tournament

Compete in this event if you are at least eighteen years of age or with sponsor. Event limited to twenty participants who have own equipment. Five-dollar registration fee includes barbeque and drinks. Sign up by 1600 Tuesday, July 13.

Summer Youth Program

Have your thirteen thru sixteen-year-old children participate in this program designed for children to better understand and experience differences between Japanese and America culture. American students will visit Takatori Junior High School where Japanese students will coordinate course program. In return, Japanese students will visit Fleet Activities Yokosuka to experience American lifestyle and enjoy traditional American sports with U.S. students. Parents welcome. MWR will provide transportation, entry fee, food and beverage. Watch for further details.

For details or sign-up for any event or program visit International Program Office in room 320 on third floor of Fleet Recreation Center, call 243-4731 (DSN) or 046-823-3555 (Local)

visit us at www.cfay.navy.mil/mwr

Entertainment

Saturday, June 19 at 2000 in Sharky's Beverage Company

Iron Maidens Performance

Don't miss this musical tribute to the all-female Iron Maidens band. Formed in early 2001, Iron Maidens, established as one of Los Angeles' most popular tribute acts, is rapidly gaining international recognition. Band boasts beauty, excellent musical talent, lively stage presence and outstanding show with theatrical scenes.

Thursday, June 24 at 1900 in Sharky's Beverage Company

Japan Jam Comedians' Performance

Enjoy belly laughs with Nate Timmel and Black Prince. Don't forget that this adult comedy show may contain language some may find it offensive. Open to all hands.



Thursday, June 24 at 1800 in Benny Decker Theater

Craig Karges Performance

Experience this free show open to all authorized patrons. Craig Karges is an award-winning entertainer, nationally recognized speaker and renowned author with over three thousand appearances on three continents and in all fifty states. His performances combine mystery, humor, psychology and intuition as he dazzles audience members while challenging them to question what is real and what is not and what is possible and what is impossible.

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Main CDC

Tuesday, June 08 from 1500 to 1600

Parent Advisory Board Meeting in Chapel of Hope

Saturday, June 12 from 1700 to 2400

Special Opening

Friday, June 18 at 1430

Father's Day Ice Cream Social

Hourly CDC

Friday, June 11 from 1100 to 1200

Father's Day Luncheon

Monday, June 14 at 0930

Flag Day Parade

Ikego CDC

Thursday, June 03 from 1700 to 1800

Parent Advisory Board Meeting

Friday, June 11 at 1530

Preschool Promotion Day

Friday, June 18 at 0900

Father's Day "Bowl-with-Dad" Special

Saturday, June 26 from 1700 to 2400

Special Opening

Negishi CDC

Friday, June 18 from 1100 to 1200

Father's Day Luncheon

Saturday, June 19 from 1800 to 2400

Special Opening



Coming in June!



Princess Fiona's parents invite her and Shrek to dinner to celebrate her marriage. If only they knew the newlyweds were both ogres.



A climatologist tries to figure out a way to save the world from abrupt global warming. He must get to his young son in New York, which is being taken over by a new ice age.



It's Harry's third year at Hogwarts School of Witchcraft and Wizardry, and he learns that a convicted murderer, Sirius Black has escaped Azkaban prison, and could be coming after him next.

Yokosuka Facilities

Auto Hobby Shop 243-5456
Monday - Saturday 1000 to 2200
Sunday 1000 to 1800

Aquatics 243-6410
Aquatics Hotline 243-5229
BOQ Pool 243-6830
Monday - Friday 0900 to 1800
Green Beach Pool 243-6410
Monday - Friday 0530 to 1900
Saturday, Sunday & Holiday 1100 to 1900
Officers' Club Pool 243-5941
Saturday, Sunday & Holiday 1100 to 1800
Seaside Pool 243-5620
Monday - Friday 0530 to 1900

Bowling Center 243-4200/5158
Sunday - Thursday 1030 to 2300
Friday & Saturday 1030 to 0100

Child Development Centers
CD Homes 243-5478
Monday - Friday 0700 to 1700
Main CDC 243-3219
Monday - Friday 0615 to 1800
Hourly CDC 241-4101
Monday - Friday 0700 to 1700

Community Center 241-4111
Monday - Friday 0800 to 2000
Saturday 0900 to 1600
Sunday & Holiday CLOSED

Entertainment Office 243-5215
Monday - Friday 0730 to 1630

Fleet Gym
Monday - Sunday 24 hours
Fleet Gym Office 243-5304
Monday - Friday 0700 to 1600

Green Bay Marina 241-2067
Friday - Monday 0800 to 1700

Hobby Mart 243-5040
Monday - Sunday 0900 to 1700

International Programs Office 243-4731
Monday - Friday 0700 to 1600

ITT 243-5613/7257
Monday - Friday 0900 to 1800
Saturday 0900 to 1300

Library 243-5574
Monday - Friday 0830 to 2030
Saturday & Sunday 1130 to 2030
Holiday 0830 to 1730

Benny Decker & Fleet Theaters
Movie Hotline 243-6703

Outdoor Rec Center 243-5732
Saturday - Wednesday 0900 to 1800
Thursday - Friday 1000 to 1900

School Age Care 243-5492
Monday - Friday 0615 to 1800

Single Sailor Program Tours 243-7284
Monday - Friday 0730 to 1630

Spectrum Lounge 243-7346
Monday - Sunday 0730 to 2400

Skateland 243-7539
Sunday - Thursday 0900 to 1800
Friday - Saturday 1200 to 2100
Teen Center 243-5542
Monday - Thursday 1400 to 2000
Friday 1400 to 2200
Saturday 1200 to 2200
Thru Gym 243-5398
Monday - Sunday 0530 to 2200
Wellness Center 241-4486
Monday - Friday 0900 to 1500
Wood Hobby Shop 243-9064
Monday - Thursday 0930 to 2100
Friday 1700 to 2100
Saturday, Sunday & Holiday 0900 to 1730
Veterinary Clinic 243-6820
Monday - Friday 0800 to 1600
Tuesday & Thursday (surgery) 0730 to 1600

Clubs & Dining

Club Alliance 243-5951
Sharky's Beverage Company
Sunday - Thursday 1500 to 0030
Friday, Saturday & Day before Holiday 1500 to 0230
Sharky's BBQ
Monday - Sunday 1800 to 2200
Second Floor Cashier Cage
Sunday - Thursday 1100 to 2400
Friday, Saturday & Day before Holiday 1100 to 0130
Italian Gardens
Lunch
Monday - Saturday 1100 to 1400
Dinner
Monday - Sunday 1700 to 2100
The Café
Sunday - Thursday 1100 to 2400
Friday, Saturday & Day before Holiday 1100 to 0130
Upper Deck Sports Bar
Sunday - Thursday 1100 to 0030
Friday, Saturday & Day before Holiday 1100 to 0230
Lighthouse Lounge
Friday - Saturday 2000 to 0100

CPO Club 243-5506
Dining Room
Monday - Friday 1100 to 1330
Lunch 1700 to 2100
Saturday, Sunday & Holiday 1000 to 1330
Dinner 1700 to 2100

Cruise Inn
Monday - Friday 0800 to 1400
Cove Bar
Monday - Thursday 1100 to 2400
Friday 1100 to 0100
Saturday 1000 to 0030
Sunday 1000 to 2400

MWR Food Court 243-3245
Mean Gene's Burgers
Breakfast 0800 to 1000
Regular Menu 1000 to 2200
Smash Hit Subs
Monday - Sunday 1000 to 0530
Hot Stuff Pizza & Cinnamon St.
Monday - Friday 1100 to 2100

Officers' Club 243-5030
Kosano Dining Room
Sunday Brunch 0900 to 1330
Lunch
Monday - Friday 1100 to 1330
Saturday & Holiday CLOSED
Dinner
Monday - Saturday 1700 to 2100
Sunday & Holiday 1700 to 2000
Warehouse Dining Room
Lunch
Monday - Saturday 1100 to 1330
Sunday & Holiday CLOSED
Dinner
Friday & Saturday 1700 to 2100
Sunday & Holiday CLOSED
Kurofune Lounge
Monday - Thursday 1500 to 2300
Friday & Saturday 1300 to 0100
Sunday & Holiday 1300 to 2300
Deli and Bakery
Monday - Thursday 0900 to 1900
Friday & Saturday 0900 to 2100
Sunday 1000 to 2000
Holiday 1000 to 1900

Game Room (Main Side)
Monday - Friday 0830 to 2300
Saturday, Sunday & Holiday 0900 to 2300
Game Room (Warehouse)
Monday - Saturday 1100 to 2300
Sunday & Holiday CLOSED
Cashier (Main Side)
Monday - Friday 0830 to 2300
Saturday, Sunday & Holiday 0900 to 2300
Seaside
All Hands' Club 243-3379/5625
Dining Room
Monday - Saturday
Breakfast 0600 to 1000
Lunch 1100 to 1500
Dinner 1700 to 2100
Sunday
Breakfast 0600 to 0830
Brunch 0930 to 1400
Dinner 1700 to 2100
Barnacle Bill's Lounge
Sunday - Thursday 1100 to 2300
Friday & Saturday 1100 to 2400
Deli
Monday - Thursday 0900 to 1900
Friday 0900 to 2100
Saturday 1000 to 2100
Sunday 1000 to 2000
Holiday 1000 to 1900

Starbucks 0468-20-2791
Monday - Friday 0630 to 2100
Saturday-Sunday 0730 to 2100

Ikego Facilities

Ikego MWR Office 246-8071
Monday - Friday 1000 to 1830
Ikego Club Takemiya 246-8075/8077
Dining Room
Monday - Saturday 1100 to 1330
1700 to 2100
Sunday 1000 to 1330
1700 to 2100

Lounge
Monday - Thursday 1600 to 2300
Friday & Saturday 1600 to 0200
Sunday 1600 to 2200
Delivery Service to Ikego Housing
Monday - Saturday 1700 to 2030

Ikego CDC 246-8060
Monday - Friday 0600 to 1800
Ikego Sports 246-8017
Wednesday - Sunday 0800 to 1700
Ikego Pool 243-5229
Monday - Friday 0800 to 1800
Ikego School
Age Care 246-8301
Monday - Friday 0600 to 1800
Ikego Teen Center 246-8301
Monday - Friday 1800 to 2100
Saturday 1200 to 2200

Negishi Facilities

Negishi MWR Office 242-4120
Monday - Friday 0900 to 1700
Saturday 0900 to 1200

Negishi Bowling Center 242-4123
Tuesday - Thursday 1500 to 2100
Friday 1500 to 2200
Saturday 1200 to 2200
Sunday & Holiday 1200 to 2000

Negishi CDC 242-4316
Monday - Friday 0600 to 1800

Negishi All Hands' Club 242-4151
Monday - Thursday 1100 to 2300
Friday 1100 to 0200
Saturday 0900 to 0200
Sunday & Holiday 0900 to 2200

Dining Room
Monday - Thursday
Lunch 1100 to 1400
Dinner 1700 to 2000
Friday
Lunch 1100 to 1400
Dinner 1700 to 2100

Saturday
Breakfast 0900 to 1100
Lunch 1100 to 1600
Dinner 1700 to 2100

Sunday
Breakfast 0900 to 1100
Brunch 0900 to 1400
Lunch 1100 to 1600
Dinner 1600 to 2000

Negishi Fitness Center 242-4124
Monday - Sunday 0400 to 2200

Negishi Pool 242-4844
Monday - Friday 0800 to 1800

Negishi School Age Care 242-4131
Monday - Friday 0600 to 1800

Negishi Teen Center 242-4121
Monday, Tuesday & Thursday 1600 to 2000
Friday 1600 to 2200
Saturday 1200 to 2200

Tuesday, June 01 and 08 from 1700 to 1800

ORC Fuji Hikers' Informational Briefing

Attend this free, open-to-the-public briefing to prepare for hiking sacred mountain during July 01 thru August 31 season.

ORC Fuji Potential Guides' Briefing

Help Outdoor Adventure Program with Mt Fuji hikes by becoming a guide during July and August. This briefing will provide the particulars. We are looking for individuals with hiking experience. All guides and assistants should be CPR and first aid certified. We provide additional training and equipment needed. Japanese language skills are a plus.

Tuesday, June 15, 22, 29 and July 06 and Thursday, July 01 and 08 from 1700 to 1800 at Outdoor Rec Center

Mandatory Fuji Safety Briefing

for Mt. Fuji Climb Sign-up

Prepare to climb Mt. Fuji by attending this free one-hour Pre-Trip Safety Briefing that will help you understand what to expect during your climb on Japan's highest mountain. Briefings advise you of necessary items needed to make your climb a memorable experience, too.

Saturday, July 03, 17, and 31 from 0145 to 2200

Intermediate Mt. Fuji One-Day Climb

Trek to the top of the highest peak in Japan. Hike, which will begin at Mt. Fuji's fifth station, will challenge even the fittest and most experienced hikers for only \$50.00 per person.

Saturday and Sunday, July 10 and 11 and July 24 and 25

Intermediate Mt. Fuji Overnight Climb

Experience sunrise from the highest point in Japan. On first day we will hike to eighth station where we will stay the night. The second day we will head for summit before sunrise to experience a breathtaking sight while the rest of Japan lies in darkness. Trip includes lodging only for \$110.00 per person.

Saturday, July 17, 31 and August 14 from 0145 to 2200

Single Sailor Mt. Fuji One-Day Hike

Climb to the top of Fuji-san at least once during your tour for only \$45.00 including transportation and climbing stick. Sign up at Spectrum Lounge Tour Office beginning Wednesday, June 16, one day after first mandatory Mt. Fuji Safety Briefing. For tour details call Mikki in Spectrum Lounge at 243-7346.



Mt. Fuji